

DAY 1 RECIPES

Breakfast Egg Burrito *Makes 4 burritos, Serves 4*

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| 4 large eggs | 1 teaspoon mustard |
| 2 Tablespoons frozen corn | 1/4 teaspoon granulated garlic |
| 1 Tablespoon milk* | 1/4 teaspoon hot pepper sauce (optional) |
| 2 Tablespoons diced green bell peppers | 4 - 8 inch flour tortillas |
| 1/4 cup minced onions | 1/4 cup prepared salsa |
| 1 Tablespoon diced fresh tomatoes | |

1. Preheat oven to 350 degrees F.
2. In a large mixing bowl, blend the eggs, corn, milk, green peppers, onions, tomatoes, mustard, garlic, hot pepper sauce for 1 minute until eggs are smooth.
3. Pour egg mixture into a lightly oiled 9x9x2 inch baking dish and cover with foil.
4. Bake for 20-25 minutes until eggs are set and thoroughly cooked.
5. Wrap tortillas in a moist paper towel and microwave for 20 seconds until warm. Be careful when unwrapping the tortillas, the steam can be hot.
6. Cut the cooked egg mixture into 4 equal pieces and roll 1 piece of the egg mixture in each tortilla.
7. Serve each burrito topped with 2 Tablespoons of salsa.

* Use low-fat or fat-free milk

Lentil Stew *Makes 8—1 1/2 cup servings*

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| 2 Tablespoons soft margarine | 1/4 teaspoon garlic powder |
| 1 cup chopped onion | 6 large carrots cut into 1/2-inch pieces |
| 6 cups water | 4 large celery stalks cut into 1/2-inch pieces |
| 1 pound dry lentils, washed (no soaking needed) | 1/8 teaspoon salt |
| 1 teaspoon Worcestershire sauce | 1 can (16 ounce) whole tomatoes cut into pieces |
| 1/2 teaspoon dried oregano | or 3-4 fresh tomatoes cut in wedges |

1. Melt margarine in a large skillet or saucepan.
2. Sauté onion until tender.
3. Add water, lentils, Worcestershire sauce, oregano, and garlic powder.
4. Cover, bring to a boil. Reduce heat, and simmer for 45 minutes.
5. Add carrots, celery, and salt.
6. Cover and simmer 30 minutes more or until the vegetables are tender.
7. Add tomatoes. Heat thoroughly and serve.

**Cornbread** *Makes 12—2 inch square servings*

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| 1 cup cornmeal | 1 egg |
| 1 cup all purpose flour | 1/4 cup vegetable oil |
| 1 Tablespoon sugar | 1 cup milk* |
| 1 Tablespoon baking powder | |

1. Heat oven to 425 degrees. Grease 8- or 9-inch square pan.
2. Measure cornmeal, flour, sugar, and baking powder into a large mixing bowl. Stir to combine ingredients.
3. Crack egg into a small bowl and beat with a fork to combine white and yolk.
4. Add egg, oil, and milk to flour mixture. Mix until ingredients are just mixed. There may be a few small lumps.
5. Pour batter into prepared pan.
6. Bake 20 to 25 minutes, until firm to touch or wooden pick inserted in the center comes out clean.

* Use low-fat or fat-free milk

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Pork Chops and Peppers

Makes 6 servings

6 pork chops, lean center-cut, 1/2-inch thick
1 medium thinly sliced onion
1/2 cup chopped green bell pepper

1/2 cup chopped red bell pepper
1/8 teaspoon black pepper
1/4 teaspoon salt

1. Preheat oven to 375 degrees.
2. Trim fat from pork chops. Place chops in a 13x9-inch baking pan.
3. Spread onion and peppers on top of chops. Sprinkle with pepper and salt.
4. Cover pan and bake 30 minutes.
5. Uncover, turn chops, and continue baking for an additional 15 minutes or until no pink remains.
6. Garnish with fresh parsley (optional).

Oatmeal Raisin Cookies

Makes 24 cookies

1 cup soft margarine
2 cups packed brown sugar
2 eggs
2 teaspoon baking soda

1 teaspoon salt
2 cups all-purpose flour
2 cups quick cooking rolled oats
1 cup raisins

1. Preheat oven to 375 degrees.
2. Mix soft margarine, sugar, and eggs together.
3. Mix in baking soda, salt, and flour.
4. Mix in rolled oats and raisins.
5. Drop dough by rounded teaspoonfuls on baking pan approximately 2 inches apart to leave room for cookies to spread.
6. Bake for 10 to 12 minutes until golden brown.
7. Allow cookies to cool on baking sheet for 3 minutes. Remove from pan and place on a wire rack or plate to cool completely.

